



Volunteer Role: Wellbeing Volunteer

Reports to: Team Leader supported by Mental Health and Wellbeing Practitioners

Location: The Nook – Aberdeen, Marischal Square

[The Nook - Your Place for Mental Health Support](#)

It is an exciting time to be joining SAMH as we launched our four-year plan 'Taking Action, Creating Change'. Our new plan, prioritising the needs of people, places and communities, reflects the urgent need for progress, as we know that mental health challenges are at an all-time high in Scotland.

For that reason, we launched our first ever major appeal. We are aiming to raise £10 million over the next three years to transform access to mental health support within communities across Scotland, putting our belief into action, that everyone with a mental health problem should be able to ask once and get help fast. This ambitious and bold solution will see SAMH opening a network of walk-in mental health hubs and outreach programmes across Scotland called The Nook from SAMH - Your Place for Mental Health Support.

The Nook will deliver mental health and wellbeing support that offer choice and flexibility in a safe, stigma-free and non-clinical environment. By eliminating barriers and championing self-referral, we will offer immediate access to tailored support, seven days a week, through our skilled and compassionate workforce. We will meet the diverse needs of people locally, whether reaching out for help for the first time or managing ongoing mental health problems.

[Why Volunteer with SAMH](#)

Make a Difference – Help contribute to the delivery of timely compassionate support to those who need it most, ensuring they receive the help they deserve in a welcoming and safe environment.

Develop New Skills – Gain confidence and valuable experience, with the chance to develop your knowledge and skills through ongoing support and training opportunities.

Make Meaningful Connections - Join a supportive team of staff and volunteers who value inclusion, compassion, and mutual respect, where every voice is heard, and contribution valued.

[What is the Wellbeing Volunteer role about?](#)

Wellbeing Volunteers at The Nook will help to create a safe, inclusive, and supportive environment for visitors. You will ensure everyone who walks through our door is offered a warm welcome, providing a compassionate response with relevant information to support their engagement with The Nook.

- Offering a warm welcome to The Nook, making visitors feel comfortable, explaining what's available and how to use the space.
- Supporting the flow of each space within The Nook ensuring it is well presented and set-up to provide a safe and inclusive environment where visitors feel heard, respected, and connected.
- Supporting the team, other volunteers and partners with the delivery of drop-in wellbeing activities and sessions.
- Providing a compassionate response, offering a cup of tea and guiding visitors to the support and information they need, contributing to the overall ethos of The Nook.
- Opportunities to support wider community pop-up activities, events and outreach programmes.

Who are we looking for?

We don't need qualifications but if you have the following, we want to hear from you

- A calm, friendly and approachable manner
- Ability to listen empathetically and communicate clearly.
- An understanding of the importance of safeguarding and confidentiality.
- Commitment to inclusivity and equality.
- Reliability and willingness to work as part of a team.

Commitment of your time

We offer flexible volunteering to support your availability, and, if suitable, we are looking for those who can commit to at least 2 hours per week, but we can accommodate more.

Support & Training Provided

- Full induction and volunteer-specific training
- Access to our Employee assistance programme and a tailored wellness plan
- Ongoing support, development and reflective practice opportunities.
- Access to support from The Nook
- Reasonable out-of-pocket expenses reimbursed (to be pre-approved in advance)

How to Get Involved

If you're ready to be part of The Nook and help transform access to mental health support we'd love to hear from you!

To register an interest: [SAMH](#)

This volunteer opportunity involves activities that meet the criteria of a [regulated role](#) according to Disclosure Scotland guidelines and therefore a PVG and references will be required. (add FAQ for volunteers link here)